COPE FORUM
Cambridgeshire Older People's Enterprise

Newsletter No.64 **March 2010**

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An independent and voluntary Forum, for 50's and over
(This Newsletter is on our website please contact Rhona if you prefer to read this on the web and not receive a paper copy)

Hello again and apologies for such a brief introduction in last month's Newsletter.

I am pleased to say that I am now out of hospital and getting back into harness

In hospital I was able to collect various information and be in a position of experiencing the day to day problems, about which we all hear from time to time. One thing, in particular, which I discovered was a very useful and informative leaflet which is available "on site" from Age Concern Cambridgeshire, and if anyone is admitted to Addenbrookes Hospital I would suggest they might collect one of these leaflets and perhaps contact Barbara Simmons who, I felt, was helpful and understanding.

Whilst I have been "on leave" much has been happening, led by Rhona and Robert and I had an opportunity to sit back and read every page of last month's Newsletter as opposed to helping in editing it!

I found our Newsletter even more interesting than I thought when helping in editing it and I also had time to consider what COPE is all about, and how we differ from almost all other similar organisations. I came up with the realisation that COPE is a group of like-minded people, with an updated list of membership, where we really do care about each other as people and friends who can share problems and feel like a family rather than a group of unlisted or corporate members usually concentrating on one specific issue.

Please do keep in touch with Rhona to share good news and well as problems so that we keep that special family feeling.

Best wishes
Maurice Garner, COPE Chairman

P.S Many thanks to those of you who returned the questionnaires including the fully filled-up Petition forms about the retention of cheques – a special thank you to those who sent a cheque to help us support this campaign!!!

☺ **Newsflash**: COPE working in partnership with **Richmond Coaches** on COPE trips
Book Now – when Booking please inform Richmonds that you are from COPE (see pg 16 for the list)

Robert Boorman, COPE deputy Vice-Chairman, Treasurer and Spokesman, reports on **Pension Poverty:-**

"Britain is a more unequal country than at any time since modern records began in the early 1960s, after the incomes of the poor fell and those of the rich rose in the three years after the 2005 general election", according to the Organisation for Economic Co-operation and Development report in the Guardian newspaper.

The first action by any new government needs to be, to address the blot on our system caused by the fall in the relative value of the State Pension.

Means testing is clearly a failure and governments must use the tax system to identify poorer pensioners and give them pension credit automatically or do away with means testing altogether and increase the basic pension to the amount required for a healthy life.

London School of Hygiene and Tropical Medicine carried out research for Age Concern and concluded that the minimum income needed for healthy living (**England, April 2005** excluding rent, council tax and mortgage payments) as £122.70 a week for a single person and £192.60 for a couple.

Pension credit guarantee provides people aged 60 and over with a minimum income of £109.45 a week for a single person and £167.05 for a couple and in addition there are entitlements to other payments such as winter fuel payments but this is 5 years after the above figure was produced.

Dot Gibson, NPC general secretary said: "At least one in five pensioners are living in poverty with millions more just struggling to make ends meet. Pensioners have been almost forgotten during the recession - and they must not be ignored in the recovery."

From 12 April 2010, the Basic State Pension will rise by a derisory 2.5%, from £95.25 to £97.65 for a single person and from £152.30 to £156.15 for a couple

Reminiscing is the privilege of the elderly

"OUR STRENGTH IS IN OUR NUMBERS" - 1

Happy Birthday to our older and wiser members for the month of March

Belated Greetings to Rosalind Rowlinson

John Kennett	Jean Russell	Olive Gladden	Dorothy Calder	Joan Railton	Christine Moore	Evelyn Armstrong	J Adkin
Letitia Dews	Greta Smith	Gill Overhill	Brenda Cooper	Mrs S Potter	David Bailey	Elizabeth Newman	Peter Fry
Marion Atkinson	Sheena Murkin	Mrs E Lawrence	Sheila Mavin	Monica Askay	Kate Allensby	Marlyn Ferguson	Jim Potter
Tim Wheatley	Douglas Collins	Pamela Sims	Mrs P Macarthur	Trevor Grigg	Mrs Arrowsmith	Raymond Leverett	Alan Wyatt
Patricia Ogram	Erica Barratt	Mrs J Welch	Bernice Richards	P E Brooks	Ken Carter	Gwen Badcock	Gill Judges
Margaret Dale	Beth Weighill	Terry Horton	Susan Yealland	Marian Jenkins	Mrs Chudasama	Gwendoline Martin	A Gopal
Margaret Draper	Patricia Evans	Jenny Phillipps	Brian McNee	David Hart	Ruth Humphries	Anthony Reynolds	Lisa Jay
M Richardson	Michael Ball	Max Lavriotes	Angus Murdoch	Geoffrey How	Antony Apperley	Derek Pettengell	Joy Folley
Mrs P Judges	Mrs M Kester	Sylvia Hancock	Norah Schiele	Patricia Bouch	Norman Leigh	Alfred Braybrooke	Mrs Nunns
Maggie Brookes	Dr Ian O'Neill	Wendy Taylor	Trevor Mitchley	Andrew Cogan	Pay Wynn	Mark Graddage	Joan Ward
Mrs J Holder	David Hewitt	Brenda Anderson	Beryl Hawes	Shirley O'Brian	Phyllis Ogden	Mrs J Middleton	Fred Pink
Vernon Speed	Judy Webb	Iris Crossley	Norma Prentice	Jenni Withey	Henry Zmura	Barbara Whitwood	Jason Yow
Brian Hurst	John Barker	Winifred Mottaz	Carolyn Osborne	Mrs S Hearn	Richard Moss	Sarojini Velupillai	Mrs B Law
June Dupree	Joyce Aldred	Helena Lanning	Marilyn Hall	Mrs G Sanders	Robin Gotobed	Mrs P Greenwood	Mrs D Key
Lorna Turner	Ellis Rowell	Francis Hookham	Shirley Fuller	Audrey Mansfield	Daphne Wyke	Patricia Bullman	Iris Herbst
Joyce Churchill	Ruth Millard	Doreen Piggott	Jenny Phillipps	Christine Lewin	Eric Powell	Margaret Scrivener	John King
Margaret Lucas	Mrs Randall	Mr G White	Norma Head	Wendy Waters	Mrs J Hall	Pauline Maddison	V J Rudd
Judith Wood	George Rich	Jackie Leyshon	Mr J Roitman	Mr O Goodwin	Betty Robert	Elizabeth Wheeler	Mr M Hall
Jenny Maces	Roy Thorpe	Neville Cross	Julie Whittleton	Gwyneth Parker	Helen Long	Barbara Brightman	Barry Bloor
Margaret Grover	Puri Frostick	Sheila Dunn	Christine Ford	Doreen Ullinger	Eileen Harvey	Maureen Moult	John Wyatt
Yolande Smith	Andy Harding	Linda Carrier	Peter Jackson	Hazel Nuttall	Ernest Hilsden	Daphne Goussaert	Dr G Liptrot
Edna Cheesley	Doreen Cross	Sylvia Barnes	Mia Holman	John Martindale	John Hunter	Dieter Benziger	I N Smith
Judy Woodrow	Joseph Lucas	Jenny Sangster	Ann Duncan	Jean Farrington	Peter Ashman	Carmen Salmeron	Mary Ball
Alma Morris	Daphne Wyatt	Ed Mullenger	Mrs I White	Miss I Maylands	Audrey Papworth	Stephanie Riley	Barry Turpin
D Simmons	Patricia Guy	Mrs J Burns	Josie Chapman	Josie Hayes	Mr U Gilbey	Colin Saunderson	Mr P Merry
Mr R Cuthbert	Louisa Pupins	Philip Gator	Fred Taylor	Isabel Wilson	Edna Jacobs	Donald Henderston	Mrs R Allen
Mrs H Whitley	M Gildersleve	Thelma Gant	Sandra Ward	Mr G Starling	Roland Thorne	Jacqueline Mountford-Green	

Stagecoach and Norfolk Green services have changed from 14 February 2010 - a number of alterations have been made to services for Cambridge, Ely, Huntingdonshire and Newmarket.
Timetables and information for the Stagecoach and Norfolk Green services can be obtained directly from Stagecoach or Norfolk Green:
Operator **Stagecoach** - Address 100 Cowley Road, Cambridge Cambridgeshire CB4 0DN; Telephone 01223 423 578; Email cambridge.enquiries@stagecoach.com; www.stagecoachbus.com/cambridge
Operator **Norfolk Green** - Address Hamlin Way Kings Lynn Norfolk PE30 4NG; Telephone 01553 776980; Email enquiries@norfolkgreen.co.uk; Internet www.norfolkgreen.co.uk

The **Best Bus Driver Award** chosen by Cambridgeshire Older People's Enterprise Forum members
All members of COPE are asked to keep their bus ticket, which identifies the bus and Driver, whom you thought was better than normal and pass the ticket to Rhona – 40 Stretten Avenue Cambridge CB4 3EP. The Mayor of Cambridge could make a presentation at the AGM in July to the successful driver. If the response is good we could make this a permanent annual activity. This way, we hope to encourage all Bus Drivers to try to become the **Best Bus Driver in Cambridgeshire**.

If you wore your COPE badge the bus driver may notice that he had a *secret shopper* on board!
Andy Campbell, Managing Director at Stagecoach Cambridgeshire, responded in an email: "It sounds like a good idea to me, we would be happy to support it by rewarding the driver."

Did you Know ~ ~ ~ ~ from ***Margaret Hobbs***

- Parkside police station's cells in Cambridge were beset by fleas last year
- A couple were sent 148 different carers in 16 months by Allied Healthcare in Manchester
- Cambridgeshire has 32 libraries and 8 mobile library vehicles. Volunteers run 10 library access points. The new Central Library in Cambridge got 17,000 visitors in its first week, it is the first public library in the country to include a special collection of historic films.
- Town halls raised £328 million in parking fines last year, three times the amount collected by safety camera partnerships from speeding motorists.
- The Port of Dover, Europe's busiest ferry port, is planning to put itself up for sale with a price tag of £300 million as it seeks an investor to fund a major expansion project in the Western Docks involving four roll-on, roll-off ferry berths.
- About one in four doctors and dentists attending a London health service clinic for addiction were abusing drugs like cocaine and heroin.
- Barbara Vine is the pseudonym of crime writer Ruth Rendell

The only reason I would take up walking is so that I could hear heavy breathing again

"OUR STRENGTH IS IN OUR NUMBERS" - 2

Mothering Sunday Search from **Brian Halls**, Bar Hill,"

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Place the 27 three character tiles listed below in the grid above to form nine words associated with Mothering Sunday on March 14th:

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CHO ING OOD CHR ING PAR COL ION TRA DIT IST WER

Solution for **Valentines** Search – Attracted, Chocolate, Courtship, Enamoured, Heartland, Infatuate, Romancing, Trueloves, Valentine

Eta Sanderson's Food corner – Mothers Day Menu

Simple Soup

Ingredients: Two Large Leaks One Medium Onion Two Large Carrots Milk
One Large Parsnip 25gr Butter or Margarine

Method: Shred vegetables in a food processor until medium fine, melt the butter in a good-sized pot. Sauté the vegetables slowly on a low heat to avoid burning. When soft, season to taste and add sufficient milk to form a thick soup, bring to the boil and simmer for a few minutes.

Salmon in Paper

Ingredients: Salmon steak Butter or Margarine Dill Greaseproof paper

Method: Mix the fine chopped dill with some of the butter and place in the fridge for ten minutes. Thinly spread the paper with butter, place the salmon skin down in the centre. Place a walnut sized herb butter on top. Fold the paper over and secure the sides by repeatedly folding them back. Place on a baking tray and put in a preheated oven at gas mark 3 for 20 minutes. (Please note: appliances may differ in heat intensity, timing may need to be changed.) Serve with new potatoes and a selection of vegetables.

Fruit and Nut

Ingredients: A selection of fresh fruits pealed and cut - dice or thinly sliced.
Grapes, strawberries cut in half Whipping Cream or Créme Fraiche Blanched Almonds finely chopped

Method: After preparing your fresh fruit salad, whip the cream in a large bowl, slowly fold in the chopped almonds and fruit to create a smooth mix, transfer to a stemmed glass and refrigerate until required

Anyone who receives an unsolicited telephone call or letter suggesting they have won a huge sum or could make vast amounts of money should be suspicious straight away. "If in doubt, ask a friend, relative, **Citizens Advice Bureau** or the police and never part with any money before really thinking this through. Remember, if it sounds too good to be true, it probably is.

Trevor's Corner (Trevor Grigg – 01223 834500)
I am involved with scheduled walks every Thursday morning (not limited to COPE Members) at Wandlebury and you will be welcome to come up in March to see the snowdrops (and Highland Cattle).
'We live in an age when Pizza gets to your home before the police' said Jeff Marder

Cambridge City Council Walking and Cycling Group - Are you interested in pedestrian facilities in the City? Topics of discussion have covered: spending funds allocated by the government on cycling initiatives around the city; commenting on cycle routes; determining positions for cycle racks both in the street and in new developments, and discussing pedestrian/traffic movement and cycle provision at the railway station. The Working Group meets 5/6 times a year in the Guildhall. If you are interested, please contact Claire Rankin at Cambridge City Council on 01223 457108.

The advantage of exercising every day is, so when you die, they'll say, 'Well, she looks good doesn't she.'

We have enough gas, but some companies have had supplies cut off
We have grit for our roads, but we can only use 50% of it
We have potholes, which save the cost of speed bumps
We have petrol, but the price keeps us off the roads
We can buy alcohol, but soon we will be unable to afford it

Alice Zeitlyn wrote: "On 25th January 2010 I attended a meeting on behalf of COPE at the Meadows Community Centre held by LINK (Cambridgeshire Local Involvement Network) which represents the interests of the mentally ill in the county. Several delegates, like myself, represented other organisations such as Headway, Carer's Network and a re-housing body. We were all invited to air our concerns about the way mental health care was provided in the county.
It became apparent that many problems have remained over many years and had not been solved. Discharge from hospital was one of those and was also highlighted by the COPE Research Group at our own meeting on January 23.
LINK, like COPE, is one of many organisations to which a statuary body like the PCT (Primary Care Trust) chooses to listen. Persistent lobbying and representation is needed to achieve their aims – does LINK. like COPE have the determination to do this."

COPE membership as at February 1st:– Cambridge City 1,450 (56.6%); East Cambs 194 (7.6%); Fenland 57 (2%); Hunts 103 (4%) and South Cambs 757 (29.6%)

Cllr Brian Luter, Town Mayor of St Ives, welcomed nearly 50 people from East Cambs, South Cambs, Fenland and Cambridge City who joined **Gerald Collins** and his team from Huntingdon for coffee and biscuits. Gerald, Tony Barraclough, Rhona & Robert Boorman spoke and later answered questions. Angie Walters did a stirling job making copious cups of tea and coffee. Margaret Hobbs, Doreen Ryan and Brian Walker helped with registration and the selling of raffle tickets. Thank you to all those who donated the raffle prizes.

News excerpts from Cambridgeshire County Council

- March exhibitions on the Local Transport Plan will be held around the county and people will also be able to complete the questionnaire on-line via a link from the main Local Transport Plan page at www.cambridgeshire.gov.uk/ltp
- Colville Primary School in Cherry Hinton was placed joint 55th in the country for the most improved scores - the only school in Cambridgeshire to feature in the list. The headteacher was invited to a Downing Street drinks reception with the Prime Minister
- The Little Footsteps Children's Centre at Caldecote Primary School will serve Barton, Caldecote, Comberton, Coton, Grantchester, Great Eversden, Hardwick, Harlton, Haslingfield, Kingston, Little Eversden, Madingley and Toft. The Lantern Primary School in Ely is to cater for more children living in the area by providing an extra Reception class for children eligible to start school in September.
- St Neots Library recently celebrated its 25th birthday with a special event for the whole community
- Cambridgeshire is leading the way with raised bus stop platforms that give easier access to public transport for those with disabilities. The eight stops in Cambridge part of the guided busway project has raised platforms along the concrete track to make the system easier for wheelchair and pushchair users
- Cambridgeshire Together a group of the county's most influential public and voluntary organisations, were awarded £1.5 million to create 237 temporary jobs for young people and the long-term unemployed Those qualifying for the scheme will need to apply through Jobcentre Plus
- Cambridgeshire County Council ranks 90 in a list of the top 100 best places to work, for the third year in a row, thanks to its equality and diversity policies and employment practices.

The **Research Team** led by Ian Tyes (on the far left) meet at The Carlton Arms in Cambridge. At the last meeting they discussed Care Homes, Coping with being Alone, Discharge from Hospital, Neighbourhood problems, Local Transport Plans and Hearing Aid services. The next meeting is scheduled for **Saturday 20th March** at the **Carlton Arms** at **3 p.m.** COPE thanks the Carlton Arms for allowing us to use their pub premises free of charge.

Age Concern said that there would be one million older people in the UK who would be alone during Christmas 2009. What about the other 364 days of the year?

Loneliness is a hunger, hunger for companionship and contact

A BBC investigation has found that the Association of Chief Police Officers' (Acpo) vehicle crime intelligence service has recovered **£13m** worth of stolen, cloned vehicles in the past 18 months **as a result of the loss of thousands of blank DVLA log books.** Criminal gangs use the stolen vehicle registration documents to sell cloned cars on the private market. Gangs copy the number plate and other identifying details of a legitimate car onto a similar, but stolen cloned vehicle. They also copy the genuine vehicle's log book - or V5 form - by using one of thousands of blank DVLA documents that went missing some time in 2006. Because the car had been cloned, you will actually be running data checks on a completely different, legitimate car and the result will come back clean.

Precautionary measures - The DVLA has published on its website a list of serial numbers for the blank log books which it believes have gone missing - if it begins with 'BG' or 'BI' be cautious and check it; check the car serial numbers all match against the registration database; inspect the document when you look at it and make sure the number hasn't been altered or tampered with in anyway.

Anthony Barraclough, St Ives emailed: "All the parties seem to believe that the elderly have never had it so good. They didn't have to pay for university tuition, they might even still have a final-salary pension. They no longer have mortgages, while qualifying for free bus passes, so they can trot around the globe ticking off the Antarctic and Australia or Benidorm and Bordeaux.
Yet in the February Newsletter it was pointed out that an elderly couple were found dead in their bungalow – the coroner called it "death by natural causes".

We all dream of tying balloons to our houses when we retire and going off to fulfil dreams, but most of us will end up swapping trout pools and Saga cruises for hospitals, nursing homes and eating soft-boiled eggs as we slither into incontinent old age. That's if we are lucky enough to get a place or can pay for someone to wash our sheets and bathe us. It's not that the elderly — once they reach the age when they need help — are expecting a huge amount. They are not demanding pedicures, just a basic service. SAGA, for senior citizens, said a universal pension of £130 a week should be provided at age 70, up from the current basic retirement pension of about £95.

Two thirds of women and half of all men need some form of care during their retirement, according to Age Concern. Yet the three leaders who have probably deliberated for hours over where to send their offspring to school have obviously not spent much time trudging around retirement homes. Most nurseries are jolly places, filled with primary-coloured toys, perfect for photo-shoots. Care homes are beige at best, they smell of everything but fresh air and they cost an average of £35,000 a year for a bed. Last year more than 2,000 care home meals didn't meet minimum nutritional standards and one in five failed to provide basic standards of privacy and dignity. Now there are suggestions from the Royal College of Physicians that thousands of old people are being forced to have feeding tubes implanted in their stomachs if they want to be admitted into residential care.

Most councils don't behave any better in terms of home care. Seven out of ten deny free aid to old people in their own homes unless their health is in a critical condition. Those with moderate needs, such as requiring help with shopping and cooking, are expected to fend for themselves, however poor or alone. Services such as nail-clipping are now considered an unaffordable luxury. This neglect of the frail wastes money because so many end up in hospital, taking up much needed beds.

No party has ring-fenced current spending on social care. They have shoved Granny into the attic. But even if politicians don't care on compassionate grounds, it makes political sense to woo senior citizens. Children and animals may look like vote-winners but it's the over-50s who go to the ballot box. Most have worked hard, with few handouts to bring up their families, and want their say. More than 75% of the over-65s voted at the last general election. Yet, according to an ICM poll, nearly 70% of people over 65 believe they are a "low priority" for politicians. The leaders should remember Longfellow's words: "Age is opportunity, no less than youth itself, though in another dress."

It's not all about money; these young Westminster dads just need to show some consideration. Sir Michael Parkinson, who published a report recently for the Dignity in Care campaign, says it's about "attitudes and assumptions". Women bear the brunt for looking after the oldest as well as the youngest.

An article in The Scotsman stated that "the latest official figures for 2007-2008 show an estimated two million pensioners are living in poverty and that this has fallen by one third from 2.9 million in 1998-9." **Anthony Barraclough** feels that two million is a lot of people and active action is needed to reduce this figure substantially by realistic state pensions, which are index linked and greater protection on fuel bills etc.

Weight Watchers will meet at 7 p.m. at the First Presbyterian Church.
Please use large double door at the side entrance

"Seize The Day" from **Norma Head**, St Ives

Around the corner I have a friend,
In this great city that has no end,
Yet the days go by and weeks rush on,
And before I know it, a year is gone.
And I never see my old friends face,
For life is a swift and terrible race,
He knows I like him just as well,
As in the days when I rang his bell.
And he rang mine but we were younger then,
And now we are busy, tired men.
Tired of playing a foolish game,
Tired of trying to make a name.
'Tomorrow' I say! 'I will call on Jim
Just to show that I'm thinking of him.'
But tomorrow comes and tomorrow goes,
And distance between us grows and grows.
Around the corner, yet miles away,
'Here's a telegram sir,' 'Jim died today.'
And that's what we get and deserve in the end.
Around the corner, a vanished friend.

Remember to always say what you mean.
If you love someone, tell them.
Don't be afraid to express yourself.
Reach out and tell someone what they mean to you.
Because when you decide that it is the right time
it might be too late.
Seize the day. Never have regrets.
And most importantly, stay close to your friends
and family, for they have helped make you the
person that you are today.

News skimmed by **Richard Moss**:

- European Court ruled stop and search is illegal. UK government likely to appeal as it weakens counter terrorism policy.
- Gordon Conway, professor of INTERNATIONAL development, Imperial College London says GM and organic agriculture are both valid and should not despise each other. Professor Beddington, chief Government scientific advisor agrees.
- Dentistry, safe local anaesthetic - Novocaine, invented in 1905, a boon to the whole world!
- The Dome (O2) was most popular pop music venue in the world last year - another proof of Trinity College investment skill
- A new copy-cat of Josef Fritzl found in Tel Aviv to have 30 slave-wives and 37 children

'Reality of life in the Fens' by **Reg Wenn, Chatteris** – "Myself and others have been writing to District and County Councils and local media over many years trying to get equality of services and conditions for Fenland, and South Fenland in particular; services which the rest of Cambridgeshire take for granted. South Fenland being a Sub Region of Cambridgeshire have seen housing estates being developed at a rapid pace. Are we destined to have several thousands more homes built in the forthcoming years? Without the mention of infrastructure to support and service those new homes.

Today the infrastructure for this area is 15 years behind the times; and no sign of it improving before 2016. Fenland is in fact treated as the 'Third World' of Cambridgeshire. Some of us have to make round trips of 20 miles to visit a Waste Recycling Centre, the same for Leisure Services and the Registrar of Births, Deaths and Marriages. As for 'Public Transport', in the evenings it is more than scarce, it does not exist. It is stated one in five households in Fenland are without access to a vehicle; can you imagine their difficulty to make a 20 mile round trip to use the Railways. With agriculture being the biggest employers it is difficult for local people to get a job; simply because the foreign workers seem to take precedent over local people.

Villages around each of Fenlands four Market Towns should be able to access the facilities those towns have, where Chatteris is concerned there is nothing for them to use; in fact some of the villages are better equipped with facilities than Chatteris.

Fenland people can also expect to die at a younger age, maybe that was due to all the travelling we have to do to get to a hospital bed. Well that will soon change, we Fenland folk have fought for six long years to get that rectified; and by mid 2011 our inpatient beds will be back at the Doddington site where they belong. Health care is also suffering with some local surgeries struggling to cope with the increasing population; the existing buildings no longer large enough to handle the demand. Another reason for Fenland people dieing at an earlier age than the rest of Cambridgeshire could be because of the state of the rural roads, statistics tell us that 79% of fatal accidents in Cambridgeshire occur on our rural roads with speed limits of over 40 mph. Cambridgeshire Highways compile those figures; surely it should send out a message to Highways department; reduce all rural road speed limits to below 40 mph. Remember, every fatal road accident costs the authorities on average £1.4 million.

But the Council do not heed their own warnings and many of our rural roads have poor surfaces, and others do not have speed deterrents in place; just think of the millions they would save if they took heed of their statisticians. What is the use of paying staff to collate these statistics when they fail to take notice of them; a further example of council wastage."

[Did you know: COPE sent a Newsletter addressed to the Older Persons Champion, Fenland District Council and it was returned with the words "RTS – Unknown at this Address"]

You cannot turn back the clock, but you can wind it up again

Rhona Boorman writes: "As the Editor of the Newsletters for the last four years, I am delighted that from the recent survey, most COPE members felt the articles in the newsletters are relevant to people over the age of 50 – do please continue sending me articles and snippets for **your** COPE Newsletter."

A Cautionary and Expensive Tale from **Colin Macer**, Bar Hill

If you have an 'Annual' insurance be it motor, household or whatever do not assume it expires at the years end. It is the 'Policy' of insurers, to help customers you understand! (though it is not rocket science to work out the real reason) to send you a 'Renewal Advice' and renew it - it is considered an open ended agreement payable annually! All very well if that is what you want, but otherwise an expensive experience. I had motor insurance with the Post Office, not all it seems...but placed with a well-known insurance company by a very large 'Agent' in Peterborough. The 'Renewal Notice' was never received from the 'agent' - ironically, lost in the post!! The first indication all was not well, the receipt of a 'thank you for renewing' letter and the news that they had collected almost £200 from my account.

I telephoned, a call centre would you believe and after all the button pushing got an 'advisor'. Now notice the change of 'liability', she informed me that as I had taken no action it had been renewed and if I wanted my money back it was up to me to 'prove' I had not used their insurance cover and if I could not prove my case deductions would be made. In this instant a case of getting my new, cheaper and continuous Certificate of Motor Insurance copied, visiting the Post Office for a 'Signed For' delivery - all of which cost me time and money - but 'what if' the car had been sold, left it in the garage while the bad weather persisted, suffered the ravages of winter and was awaiting disposal! Now the good news... A letter to the Chief Executive of the 'agent' complaining of the un-authorised renewal and taking of money got a full return of my money plus my out-of-pocket expenses. All credit to their Customer Relations. A reminder if one were needed, if you shop around - you should and decide to move your insurance cover to another provider, advise your current insurer you do not want it renewed, this in its self may well bring an 'improved' premium and always check bank & credit card statements. If you feel you have been 'wronged' complain...

Ten tips to keep your finances in shape (Source: Daily Telegraph)

- Protect against job loss – consider taking out redundancy protection
- Prepare for a pay freeze - pay off as many debts as possible and save as much as you can while you are receiving a steady income
- Fix your mortgage – interest rates are expected to climb
- Do not be fooled by a higher credit card limit – higher credit limits store up trouble for the future
- Do not bank on house prices rising – rising mortgage rates and high unemployment make it hard for many to raise the money to buy
- Seek out a good tax adviser – tax can only get higher
- Do not lock away savings for too long – interest rates may rise
- Shares: stock pick, do not ride the FTSE – investment advisers recommend buying shares in companies that are exposed to international recovery
- Pay the maximum into a pension – most pensions invest in Government bonds, which tend to climb in price during inflationary periods
- Budget for higher household bills – energy bills are expected to rise

Cut the risk of Bowel Cancer (Source: Cambridge News)

- Know your own normal bowel pattern and Stop Smoking
- Eat well – at lease five portions of fresh fruit and vegetables a day
- Limit red and processed meat to just one portion (80g) per day
- Drink less alcohol – 14 units per week for women and 21 for men

"The Precious Gift" sent in by **Georgie Pitt**

I was given a precious gift at birth
I kept that gift until today
I have taken off the wrapping and thrown it away
And inside were so many good things to share
Photographs, holiday memories even a love so fair
I am glad I have my precious gift
And to have found friends to share
My eventful life and my love so fair
For it was the wrapping tied up so tight that gave me pain
I have thrown it way, now I can share my memories - And start living again

The precious gift is our memory – do not wrap it up

News, views and generally accepted interesting facts in Brief – by Rhona Boorman

♦ A new-look team at **South Cambridgeshire District Council** has been unveiled. Cllr Tim Wotherspoon representing Cottenham, takes on the responsibility for moving forward the planned new town of Northstowe. Cllr Tom Bygott, from Girton takes on the policy and performance brief. Cllr Mark Howell, from Papworth & Elsworth, has phoned to say that he does not want to receive the COPE Newsletter and who is under investigation for allegedly bullying pensioners at a meeting in Melbourn keeps his post of Housing chief.

♦ **East Cambs District Council** have to find savings of more than £750,000 in staff alone and another £50,000 on arts development. A reduction in income will leave the council with a budget deficit of more than £1.6 million.

♦ Civil servants at the Government office for the East of England (**GO-East**) who have offices in Shaftesbury Road, Cambridge, which include three acres of offices and 241 parking spaces spent £7,500 on a forward planning day at Chilford Hall Conference Centre.

♦ Freedom of information request by Lingo24 suggest that Councils spent nearly £20 million of taxpayers' money last year **translating documents**. Northamptonshire County Council, which let down Mr & Mrs Randall spent £73,000 on translation fees in the last two years. TaxPayers Alliance said councils should encourage migrants to learn English instead of spending money on "wasteful" translations, which were "counterproductive" for social cohesion.

♦ Figures, in response to a Parliamentary question, show that **cheques** are used in six times as many transactions as online payments. 1.4 billion payments were made by cheques last year. Join COPE's "**Keep Cheque Book**" campaign by getting your friends and family to fill in our forms to retain cheques.

♦ Research by regional health chiefs have found that the elderly and those with underlying health problems such as heart and chest conditions are particularly vulnerable as **temperatures dip**.

♦ According to the **Mental Health** Foundation report *Be Mindful*, meditation should be routinely available on the NHS to treat depression. If more GPs offered the therapy to their patients it would slash the financial burden of depression, which costs the economy £7.5 billion a year.

♦ Research by doctors at University College London suggests that getting **stressed** affects your heart. Chronic inflammation of the heart, a key cause of stress, is also known to be associated with tumour growth in human cancer patients.

♦ New figures show that most people diagnosed with **diabetes** fail to recognise warning signs. Late diagnosis increases the chance of complications, including stroke, heart disease, blindness and kidney disease. Signals that there may be a problem include a strong need to urinate, especially at night, feeling thirsty, extreme tiredness, unexplained weight loss, blurred vision and slow-healing cuts.

♦ A team from the Karolinska Institute and the Swedish School of Sport and Health Sciences in Stockholm found that **sitting for hours** increases the chances of diabetes and heart disease, regardless of how often someone exercises.

♦ Scientists reported in the *Cell Death and Disease* journal state that a simple eye test carried out by opticians could pick up **Alzheimer's Disease** years before it develops and lead to early treatment. The test could be available within two years.

♦ A study showed that drinking green tea led to a more than five-fold reduced risk of **lung cancer**.

♦ Research at the University of Southern Queensland suggests that playing the didgeridoo and singing can help alleviate the symptoms of **asthma**, lead to improved breathing and better overall health.

♦ Up to a million health **care assistants**, most of whom work in private care or nursing homes, could be forced to join a register or undergo a minimum level of training, under proposals by the Nursing and Midwifery Council, the standards watchdog, in order to regulate the industry

♦ Scientists at Portsmouth University have found that humans are the only creatures to use **laughter** to mock or insult others.

♦ The British Medical Association warned that the principles of the NHS could be threatened by plans to give patients their own **care budgets**. The plans enable patients to purchase care from private, NHS or voluntary bodies, this will potentially undermine the principle of equal access.

♦ Wasted medication in Cambridgeshire is costing the taxpayer more than £5 million a year – only order repeat prescriptions if necessary

♦ Losing the sense of **smell** may be an early warning of the onset of Alzheimer's research from New York University has found.

I know I got a lot of exercise the last few years,..... just getting over the hill

♦ The Environment Agency reports that the **floods** of Summer 2007 cost the country £3.2billion. The average cost for each flooded home was between £23,000 and £30,000.

♦ Councils were ordered to cut the use of **grit** by half in an effort to prevent supplies running out. The decision to stop gritting pavements in January led to a rise in accidents among pedestrians.

♦ The Institute for Advanced Motorists called for a new class of licence that would allow **older drivers** to maintain their independence, while restricting them from roads with a 70 mph speed limit. Analysis from police crash data show that older drivers were safer than younger motorists on local roads, but were at increased risk on motorways or where traffic was moving quickly.

♦ A rise in VAT profits from petrol could be diverted to repair all the **potholes** in the UK said the AA.

♦ 10 – the number of minutes a long distance service train can **arrive late**, but be counted as on time.

♦ The AA said that since the return of a 17.5% VAT rate, plus an increase in oil prices and wholesale food costs, the cheapest petrol on average of 110.7 a litre, can be found in Yorkshire; and the dearest in London and East Anglia. The **higher fuel prices** will continue to destabilise the economic recovery.

♦ Drivers of **mobility scooters** in Norfolk are being asked to take a police safety course after a spate of accidents involving the low speed electric vehicles.

♦ The **e-cops scheme** allows the public to sign up to receive messages from their local police officers about what is going on in their area. It also allows people to reply with information or questions they have for the team. To sign up go to www.cambs.police.uk and click on the link.

♦ A fraudster, posing as a police officer, told his victims he was investigating fraudulent claims, and then asked the home owner for confidential details. **Police would never ask for your bank details**.

♦ Britain's most **petite** policewoman is 4ft 10in Sue Day with Wiltshire Police and our **smallest** policeman is 5 ft-tall Robin Port from the Devon and Cornwall force.

♦ Prosecutions linked to **CCTV** have fallen, raising questions about the true impact of security cameras. Britain has the most CCTV cameras per head of any country in the world. Cambridge MP and COPE member, **David Howarth**, said "These figures seriously question the wisdom of lavishing millions of pounds of taxpayers' money on making us the most watched society in the world."

♦ In its annual word of the year vote, the American Dialect Society said recognition of "**google**" a verb meaning "to search the internet", represented the term's popularity worldwide.

♦ Women with **blonde or fair hair** are more aggressive and determined to get their way than brunettes or redheads according to a study

♦ First born **children** are usually well-organised high achievers; second children are good mediators and negotiators, keen to keep everyone happy; youngest children are often the most likely to rebel, feeling the need to "prove" themselves.

♦ According to psychologists from the University of the Basque Country in Spain women feel guilt much more strongly than men because the latter tend to be **insensitive**.

♦ The Guinness World Records recognises the 62-gram **gooseberry** grown in Whitby as the largest.

♦ Scientists have discovered that **alligators** betray their distant ancestral roots by breathing like birds, air flows in one direction as it loops through the lungs. The method has been traced back to dinosaurs.

♦ Research from Padua University in Italy have found that **birds** count from left to right and do better after a good sleep. A similar pattern to humans say scientists from the University of Chicago.

♦ Britain's success as a world centre of **gastronomy** has been recognised after the Michelin Guide awarded more stars to the nation's restaurants than at any time in its 35-year history.

♦ A survey by Nielson showed that Telegraph.co.uk was the **No 1 UK newspaper website** in December, reaching a record 6.1 million Britons. The Daily Mail was second with 5.6 million.

♦ A "smart" **energy meter** shown at the Consumer Electronics Show in Las Vegas, by a British company, will be able to turn off an oven or heating by sending it a text message. Another British device at the same show could soon end the need for multiple **digital boxes** for every television set and DVD player – just plug in a special box to the back of the DVD player or digital box and programmes will then be beamed throughout the house.

♦ A wheelchair-bound man aged 88 is thought to have become the **oldest person** to be sent to **prison** in Britain and the number of pensioners convicted of violent crimes has nearly doubled.

♦ An Australian company has said that it would take 36 of its employees three months to clean the windows of Dubai's new 2,727 ft **Burj Khalifa skyscraper**, the worlds tallest building.

I have to walk early in the morning, before my brain figures out what I'm doing..

♦ People with **open fires** should have their chimneys swept at least once a year, inspect for brickwork of the chimney for cracks or missing bricks and ensure they have a working smoke alarm. For a free safety check call 0800 917 9994 and quote code PSO.

♦ Do not leave more than one parking ticket on your windscreen, it could warrant a fine.

The COPE Representatives from the five Cambridgeshire districts would like members to help them with activities or send them local information for the Newsletters. If you would like to help with events e.g. meet for lunch, pub quiz, etc in your area then please contact your local COPE representative. Please telephone the COPE office if you wish someone to talk to your group about COPE. COPE is a self-help group, with a current membership of 2,578 – after nearly seven years COPE still does not have finance for paid staff or office! Thank you for your donations which keep COPE going.

News from COPE in the City of Cambridge (Doreen Ryan)

Tel: **Doreen** on 01223 500623 with your interesting snippet

- The first fully online legal service has been launched – Cambridge Immigration Legal Centre (CILC) has been set up by barrister Mohammed Alabi.
- About 10,000 people took to the streets to mark the end of Cambridge University's 800th anniversary celebrations and watched colourful images - light displays lighting up Senate House and Kings College Chapel.
- Cambridge's storehouse of treasure, the Fitzwilliam Museum has unearthed whilst undergoing major refurbishment - half century-old copies of the *Cambridge News.* Workmen also found copies of *The Lady*, Britain's first weekly newspaper for women dating back from 1940.
- Streetcar, a car club in Cambridge, which allows drivers to give up their own vehicle and hire one when they need it, is to almost double its fleet this year.
- 9 years after the light blue road signs were put up, it has now been voted to remove them – to cut clutter
- The Gems sculpture, costing £23,000, at the Trumpington busway terminus consists of two wooden railway sleepers cradling a tiny glass cube.
- A graduate of Anglia Ruskin University has been selected by the Royal Mail to design a stamp to celebrate the 2012 Para-lympic Games.
- One bicycle is stolen in Cambridge every three and a half hours – making it the UK's bike crime capital
- From April 1st off street weekday parking charges will rise 10p for the first hour at the Grafton East, Grafton West and Park Street car parks and up 6% at the Grand Arcade.
- Families and business in Mill Road have supported a 20 mph speed limit, costing £200,000. The anti social behaviour prevention order in Mill Road has been lifted.
- Marshall Aerospace has created a new academy aimed at turning out top flight aerospace workers.
- The Cam Conservators will be implementing a 25% increase in the licence fee of chauffeur punts from April 1st
- Flats for the elderly have started to be built on the site of the former Simons House in Histon Road, which will create an extra care scheme with 40 self contained flats and community facilities including eight properties reserved for the elders from the Cambridge Chinese Community Centre. Alan Wong a priest from the Community Centre blessed the site after councillors turned the first sod.
- A £5 million expansion of Kettles Yard Art Gallery in Cambridge has moved forward after backing from the Heritage Fund, and being given initial support to a £2.3 million bid from the centre to take over the empty restaurant next door. Michael Harrison says it will be a huge step forward
- Debenhams in Cambridge has donated £30,000 to a Cambridge based breast cancer project to investigate how different cancers develop. It is a part of an overall contribution of £416,453 for the charity in 2009 through the sales of in store products and staff fundraising bringing the total to £2.3 million.
- Margaret Thatcher's private files from her first year as Prime Minister are being opened to the public in the archive centre's reading rooms at Churchill College by prior appointment.

News from COPE in East Cambs (Nigel Davies with help from **Peter Cresswell)**

Contact **Nigel** - 01353-721037 if you'd like more information or with your news.

- The weekly Mature and Active Programme costing £3 per session has been launched in Littleport – includes archery, yoga, carpet bowls, etc. Call 01353 665555 for details.
- The former Soham Lodge Hotel, off the A142, will be transformed into a specialist care centre for the elderly and those with Alzheimer's disease and dementia. The site will be turned into a 50 bedroom home.
- Among the recommendation approved to make using taxis safer and easier is the introduction of a single colour for hackney carriage vehicles, this will apply when current vehicles are replaced.
- The popular vehicle pull-in at Barway on the A142, known as the Crooked Drain lay-by, has re-opened for public use. The lay-by has been resurfaced, using recycled materials.
- Formal consultations regarding the proposal to merge the Cambridge & East Cambridgeshire Magistrates Benches is currently taking place. Also transport consultation on March 18th at Ely Library.

For those of you who have children and don't know it, we have a nursery downstairs

"OUR STRENGTH IS IN OUR NUMBERS" - 1O

News from COPE in Fenland (David Jordan)

Tel: **David** on 01354 655786 and tell him what you think COPE in Fenland can do to help.

- Christians Against Poverty (CAP) are running money courses in March. It offers those struggling financially an opportunity to revolutionise their approach to money management. Contact 07799 892922 or visit www.capmoney.org
- On page 6 there is a personal opinion from Reg Wenn on the "Reality of life in the Fens"

News from COPE in Huntingdonshire (Gerald Collins)

Tel: **Gerald** on 01480 370808 with your views

- Dates for future meetings, for the Hunts area - Feb. 26th; April 23rd; May 28th; and June 25th at the Free Church, St.Ives High Street, St. Ives from 10.30.to 12.30.
- Oxford University who owns a strip of land in the village of Southoe, state that the land is not available at the present time as it is on long-term lease until 2015. Villagers want to convert the acre of disused scrubland to 14 or 15 allotments.
- Sufferers of seasonal affective disorder (SAD) are being offered support and advice. Mental health charity Hunts Mind will give information on light therapy, which is found to be one of the most effective ways of treating SAD. The next meeting will be at The Limes, 24 New Street, St Neots on March 9th from 1-3 p.m. Tel: 01480 470480 or visit www.huntsmind.org.uk/services
- Hinchingbrooke Hospital has scored well in a survey of efficient and cost-effective care according to results from the NHS Institute for Innovation and Improvement.
- The first police office has been opened at a hospital – at Hinchingbrooke Hospital. It gives a visible police presence in the community.
- The neighbourhood panel in St Ives has set anti-social behaviour & criminal damage as their top priority.
- It has emerged that St Ives Town Council has a financial black hole of nearly £270,000.
- St Ives has been selected for a 20 mph zone in its town centre. The results will be assessed at the end of the year-long trial period.
- Huntingdonshire District Council hopes to commence a glass recycling service in the month of March.
- **Free CAMTAD** clinics in St Neots, St Ives, Huntingdon, Papworth, Brampton, Great Staughton & Little Paxton. They give advice, show the latest gadgets and how they work, clean & re-tube hearing aids and supply batteries free of charge. They can also refer clients to Social Services for more aids for the home and refer them back to the hospital if necessary. Clinic staff are able to speak with knowledge of how the aids work and their benefits. Social Services Staff present, can add extra knowledge and support if required.

News from COPE in South Cambs (Margaret Hobbs)

Tel: **Margaret** on 01954 210652 with your news update

- Wimpole Home Farm have allocated an acre of land which will provide growing spaces for 50 families to buy into and will recruit a grower who will tend the land for them - so fruit and vegetable lovers can get their own allotment without having to do the backbreaking digging! More information from the estate's Old Rectory Restaurant.
- The Vine Inter-Church Primary School in Cambourne was awarded the Soil Association's Food for Life silver award. The school focused on locally grown produce and nutritious meals.
- The new £1.1 million fire station at Cambourne will not have a fire engine based at the building. The station will be used as a base for Cambridge and South Cambridge operational and community safety teams and will also be used as a community facility with meeting space for local people & organisations.
- The police station at Melbourne is moving its base to the village college, which already has the community sports centre, the library access point and the children's centre on site.
- Sawston Parish Council has been awarded £250,000 in grants to pay for a state-of-the-art new sports pavilion, featuring changing rooms, disabled access, kitchen & communal areas. All Saints & St Andrews Church in Kingston has a new roof, helped by a £37,000 grant from English Heritage.
- Dry Drayton is well served by benches, but the Grand Arcade in Cambridge needs some seating area

The **COPE Badge**, as worn by COPE registered Member **Number 1 Franc Johnson (£1 each). Size and shape**

The Hungry Horse Sunday lunch for Singles by Shirley Allanson

This lunch has nothing to do with "matchmaking". It is merely a get together for any COPE member who find themselves "on their own" to come together and have a meal and a chat. If anyone has any comments or suggestions regarding the lunch please telephone **Jean Farrington** on 01223 503867 or **Shirley Allanson** – 01223 423905. We must emphasise the need to give a few days notice when booking your place for the lunch. Seating for January's lunch became difficult due to the fullness of the Hungry Horse. Why not come and join us? Please telephone Jean or Shirley to book your place.

Next weekend's 'Fasting & Prayer Conference' in Whitby includes all meals

Snippets from the post and news items - Send in your letters to the Editorial team

Dorothy Bailey writes: "I attend a 50+ fitness class at Kelsey Kerridge, Cambridge on Thursday mornings from 11 a.m. to 12 noon. It is circuit based designed for the needs of older people, suitable for all levels and goes at one's own pace. It is a small friendly group and the cost is £3 for club members and £4 for non-members."

Ian Alexander, Dry Drayton emailed: "From the November/December newsletter; I am concerned at the fear of bugs on can tops is another of the scares we should be wary of. Our children's' susceptibility to infection is due to them not being allowed to get their immune systems loaded up with the odd bug and thereby triggering their proper immune systems." He goes on to respond to an article in the last Newsletter "If Royal Mail is finding slug eaten letters in letter boxes then they are not emptying them properly. What an admission!" Ian also says that there is no shortage of benches in Dry Drayton!

Anthony Barraclough, St Ives emailed "Cambridgeshire County Council are not giving a new completion date for the Guided Bus Route until they get commitment from the contractors. The Bus route was due for completion in February 2009 with bus services on the route in April 2009. In addition the cost of the project continues to rise. What could have been 'a feather in the Council's cap' has become an expensive farce."

Richard Todd, head gardener at Anglesey Abbey said: "snowdrops had been effectively encased in concrete since December – the biggest problem was the frosts, the ground was frozen solid and nothing could move in that. The delay means that snowdrops will flourish well into March."

Brian Walker emailed: "This web site contains appropriate information/explanation etc and how to download programmes if appropriate - www.openoffice.org"

Nick Hillman emailed: "As the author of a short book on pensions that was published in 2008 by Policy Exchange entitled 'Quelling the Pensions Storm: Lessons from the past'. This argues that history can help us develop ways to increase pensioners' incomes and proposes three policies for the future: merging the basic state pension and the State Second Pension to produce a simpler system; automatically enrolling employees into stakeholder pensions; and developing a new generation of risk-sharing occupational pension schemes."

Helen Woolley, Fenstanton emailed: "If anyone would like to volunteer to help in any way or to join one of the '**Contact the Elderly**' groups, email Sarah Ingram at sarahingram@contact-the-elderly.org.uk Volunteers offer their home for one or two Sunday afternoons a year and provide tea and cakes for about 6 - 10 people; other volunteers pick up people from their homes and bring them to the tea parties.

James Woodburn wrote: "I welcome the new 20 mph limit being trailed for Cambridge city centre roads. Streets are not just for cars – they are for everyone." Almost 100 new bike racks will be installed near pubs, shops and schools – James says "this will encourage more people to cycle."

Nicholas Hellawell asks: "If I spend 10% of income on domestic energy I am in "energy poverty", what am I in if I have to spend 25% of income on Council Tax?

Julian Huppert emailed: "Over 1,500 Cambridge pensioners are not claiming Cold Weather Payments, worth £25, whenever temperatures fall below 0°C for seven consecutive days - the cold winter has triggered three such payments. These payments are only available to those in receipt of Pension Credit. 3,010 pensioners in the city are already getting this help. With high fuel prices it is even more important to claim for what you are entitled. For details phone 0800 99 1234. Lines are open between 8am and 8pm Monday to Friday and 9am to 1pm on Saturdays."

Rhona Boorman would like to thank the person who sent a £20 cash donation towards COPE funds, I was unable to read your name, so I could not thank you personally – you will know who you are! Robert and I took the grandchildren to see the spectacular ice show in Peterborough – would members like Richmond Coaches to organise such a trip to see "Holiday on Ice" next year. Also **Jean Garner** would like to know if anyone is interested in a trip to Knole Castle, Sevenoaks, Kent?

John Reynolds emailed: "Like last year, we are seeing many potholes with many more likely to form in these extremely cold conditions. We are asking people to let us know of any problems in their area - they can notify us via the contact centre on 0345 045 5212 (contact centre is open 8.00 am-8.00 pm, Monday to Saturday). We will repair them as soon as resources and weather conditions allow."

Ian Tyes emailed: "I took part on behalf of COPE in a study on 'Sexual health in older people' run by the Royal College of Art. There has been a huge jump in sexually transmitted diseases in general and HIV in particular amongst over 50's and the research is into attitudes towards risks and other aspects around sexual health. The message is stay safe and use protection if engaging in risky behaviour - STD's and HIV can infect anyone."

The good we do today becomes the happiness of tomorrow

Celia Kenney

B.Sc. (Hons) Podiatry, M.Ch.S, S.R.Ch
HPC Registered Chiropodist and Podiatrist

Beechwood Practice
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There are so many reasons to get active - Taking part in exercise can help with weight loss / maintenance (if you would like to shift a few pounds), helps to reduce blood pressure (Exercise is great at reducing stress and helps to improve circulation), helps improve mood (Exercise releases a happy hormone which will help to prevent mood slumps), helps you to sleep better (plus have more energy in the day!), helps with osteoporosis and arthritis (Want to get rid of those aches and pains!), helps to prevent diabetes and heart disease and is an ideal social opportunity.

To get your copy of the Forever Active brochure and a voucher to attend one of the sessions for free (quote COPE) contact Helen Johnston on 01223 457000 or look on the website www.forever-active.org.uk

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"OUR STRENGTH IS IN OUR NUMBERS" - 13

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Welcome Home also needs volunteers to offer practical and emotional support to people for 2 -3 weeks after discharge from hospital. Volunteers do tasks like shopping, picking up prescriptions and helping people regain their independence after a hospital stay. This is a volunteering opportunity which can fit around your other commitments. Training and support is given, and expenses paid. If you would like further information please contact us on 01223 714433.

Care Network Cambridgeshire also provides free help, support and advice to set up and run village schemes like community car schemes, lunch clubs, visiting schemes and independent warden schemes.

Does your community have a need? Please contact us on **01954 211919** for more information.

Care Network Cambridgeshire is a registered charity no: 1120693

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All items are considered, however the Editorial Team reserves the right to amend articles where necessary. The Editor regrets that it is not normally possible to enter into correspondence with individual readers and all letters, emails and other submissions received are assumed to be for publication.

CRUSE Bereavement Care Charity holds two weekly meetings of their Friendship Groups at Huntingdon and St.Ives CRUSE has a helpline exclusive to Huntingdon: 01480 414511. Various outings are arranged, monthly lunches, visits to shows etc.

Lawn Bowls - Coaching lessons at Huntingdon Indoor Bowls Club, St Peters' Road Huntingdon. Please contact Gerald Collins on 01480 370808, or Club Secretary, Roger Purssord, 01480 457433, 01480 810622. The club has six indoor rinks and play throughout the year. There are bar, snack and catering facilities and a meeting room which can be hired.

Angie Walters (01480 300726) has produced the following information on activities in and around St.Ives: **Over 60`s Wednesday Club** meets 2pm to 4pm at Langley Court, with subjects such as The Bobby Scheme, BACKTRACK, Musical entertainment, Flower arranging and Quiz; **St.Ives Community Choir** meets Monday, 2 to 4 at The Catholic Hall, Needingworth Road St.Ives, 7.30 to 9.15, **Sing for pleasure**, no auditions required. **Short mat Bowls** meets Monday 2.00 to 4.00 at Broadleas Centre (Opposite Police Station) St. Ives.

Ham and eggs – a day's work for a chicken, a lifetime commitment for a pig

"OUR STRENGTH IS IN OUR NUMBERS" - 15

Newsflash COPE will now pick up at **St Ives Bus Station** for members in Huntingdonshire & Fenland

Thursday 29th April - "Legally Blonde" new at the Savoy Theatre (took £2 million at the box office even before it opened). Matinee Performance at **14.30 hours** at a very special rate of **£43.00 pp** for COPE members. (A modern day romance with a twist - a young man thought that having a blonde girlfriend would hinder his future prospects, so he dumped her! She studied, went to University, and joined him at his Law Practice!) The price includes coach travel and theatre ticket, with morning at leisure in London for shopping/lunch. Theatre tickets will be allocated and given to each passenger on the day by the driver. Coach pick-up times: **St Ives Bus Station 9 a.m.**; Mansel Way 9.30 a.m.; Mill Road 9.45 a.m.; Anstey Way 10 a.m.; London 11.30 a.m.

Wednesday 16th June – The Good Food Show (ticket also allows entry to the **Gardener's World**) at **£33.30 pp**. Optional extra £3 to include cookery demonstration by celebrity chef, James Martin. Coach pick-up times: Mansel Way 7.30 a.m.; Mill Road 7.45 a.m.; Anstey Way 8 a.m.; **St Ives Bus Station 8.30 a.m.**; NEC Birmingham 10.00 a.m. Leave the NEC at 4 p.m. for Cambridge

Tuesday 7th September – Olympic Site Tour with a professional guide on board the coach showing the developments for the 2012 Olympics, stopping for a fish and chip lunch. All inclusive price **£35.00 p.p.** Coach pick-up times: **St Ives Bus Station 9 a.m.**; Mansel Way 9.30 a.m.; Mill Road 9.45 a.m.; Anstey Way 10 a.m.

December – Thursford Christmas Show to be announced

Cheques can be made payable to '**RICHMONDS COACHES**'. They also take all major credit and debit cards. Bookings must be made direct with Richmond Coaches, and they will send each passenger a booking confirmation. Contact: **Natalie Richmond**, Tour and Excursions Manager, Richmonds Coaches, The Garage, Barley, Royston, Herts SG8 8JA. Telephone: **01763 848226**

(Prizes for **Raffle** in aid of COPE funds are welcome on the above COPE trips)

Socials for singles aged over 50 – telephone **Jean Talbot** on 01223 410309
Friendship Club monthly meetings – telephone **Tony Cassidy** on 01223 812605
Healthy walks - telephone **Trevor Grigg**, Whittlesford on 01223-834500 for information;
Cambridge Breathe Easy - telephone **Jean Sleap**, Waterbeach on 01223 697439;
Yoga at Harston Village Hall on Friday mornings – for details and a free taster session contact **Veronica Goswell** on 01223 503088
Scrabble - 2nd Wednesday of the month – **March 10th** 2 – 4 p.m. at Denis Wilson Court, Porson Road. (telephone **Jean Stevens**, Trumpington on 01223 502653) (Dartboard available)
Chinese Birthday Lunch – **March 25th** at 1 p.m. - at the Cambridge Chinese Community Centre - £3
Telephone Jonathon on **01223 365228 to book** - Free for March birthday members!
COPE **singles lunch for members** on **March 21st** at 12.00 noon at The Hungry Horse, Milton Road, Cambridge – 3rd Sunday of the month. Telephone **Jean Farrington** on 01223 503867 or **Shirley Allanson** – 01223 423905 to book. If you find yourself **on your own** why not join Jean & Shirley for lunch?
COPE ***PUB QUIZ*** Night organised by **Alan Giles** – Barbara will be the Question Master on **March 28th** at **7 p.m.** at The Carlton Arms. Congratulations to all the raffle prize winners.

Wednesday 7th July – COPE AGM to be followed by **Forum on 'Care'** at the **Guildhall, Cambridge** 11 a.m. - 2 p.m. **Dot Gibson**, NPC General Secretary will be the keynote speaker (includes lunch) – For **free** tickets to the AGM/Forum please fill in the section below and return to 40 Stretten Avenue, Cambridge CB4 3EP
Tel: 01223 364303 for further details

Name:_____ **Address**:_____
Post Code____
Membership No_____ Number of Tickets required___ I **will/will not** bring a Raffle prize.
All donated raffle prizes are much appreciated and profits go towards COPE funds

Web: www.cambridgecope50.org Email: cambridgecope@hotmail.co.uk **Registered Charity No. 1110887**
Honorary Officers: Chairman Maurice Garner; Vice Chair Bill Spalding; Secretary Rhona Boorman; Treasurer Robert Boorman
Grants from Cambridgeshire County Council, HELPTHEAGED WE WILL, Working With, Cambridgeshire NHS Primary Care Trust, Age Concern Cambridgeshire, NPC

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